

## ADULT CLASSES at Essex Dance Theatre

### MONDAY

TIME	Studio 1	Detail	Cost	Contact
9.30 - 11.00	<b>Tutor: Paul Brown</b> Iyengar Yoga	General Level Iyenga yoga class for those who have 2/3+ years experience who wish to deepen their understanding and practice	£7 per week if paid in a half term block or £9 weekly	<a href="mailto:paulbrownyoga@hotmail.co.uk">paulbrownyoga@hotmail.co.uk</a>
11.15 - 12.45	Iyengar Yoga	Iyengar yoga class suitable for beginners and those with a little experience.	£7 per week if paid in a half term block or £9 weekly	

TIME	Studio 2	Detail	Cost	Contact
7.30 - 9.00	<b>Tutor: Nicola Hollas</b> Iyengar Yoga	Iyengar yoga class suitable for beginners and those with a little experience.	£8 a week paid in a half term block.	<a href="mailto:clarehester@tiscali.co.uk">clarehester@tiscali.co.uk</a> <a href="mailto:njhollas@gmail.com">njhollas@gmail.com</a>

### TUESDAY

TIME	Studio 1	Detail	Cost	Contact
8.00 - 9.00	<b>Tutor: Helen Cridland</b> Adult Ballet	Whether you did ballet in your youth and want to take it up again, or if you just fancy trying something new, everyone is welcome to the adult ballet class! A great way to improve posture, fitness and flexibility in a relaxed and fun class environment. Your first class is free and then it's £5 per class, on a pay-as-you-go basis. Come along and give it a try!	£5 per class. Pay as you go	<a href="mailto:helenrose232@gmail.com">helenrose232@gmail.com</a>

TIME	Studio 2	Detail	Cost	Contact
7.30 - 9.00	<b>Tutor: Christine Terry</b> Adult Keep Fit	Keep Fit Association course, during which exercises and movements are taught to maintain or improve fitness. Routines are built up over 2/3 weeks & concludes with safe floor exercises. Please change from outside shoes to Jazz shoes or trainers, bring a towel or floor mat.	£6 per session payable Termly. £60 for Ten Week Term	<a href="mailto:ct1941@googlemail.com">ct1941@googlemail.com</a>  01245 473910

### WEDNESDAY

TIME	Studio 2	Detail	Cost	Contact
5.30 - 7.30	<b>Tutor: Shrimathi Susanna</b> Classical Bharatanatyam Indian Dance	A mixed age Beginners Bharatanatyam Class. This very popular classical Indian style allows children and adults to explore hand, eye and neck movements, along with dynamic leg stretches and foot rhythms. This fun class will start with a warmup, followed by the basic classical steps known as Adavus.	Class price £8.15 per session	<a href="mailto:naatvaeast@icloud.com">naatvaeast@icloud.com</a>

### THURSDAY

TIME	Studio 1	Detail	Cost	Contact
9.30 - 11.15	<b>Tutor: Paul Brown</b> Iyengar Yoga	General/Intermediate level Iyengar yoga class, working on depth on the introductory syllabus and introducing work from the intermediate Syllabi.	£9 per week if paid in a half term block or £11 weekly	<a href="mailto:paulbrownyoga@hotmail.co.uk">paulbrownyoga@hotmail.co.uk</a>

TIME	Studio 2	Detail	Cost	Contact
7.30 - 9.30	<b>Tutor: Paul Brown</b> Iyengar Yoga	Intermediate Iyengar yoga class suitable for those with 3+ years experience of yoga. The aim of the session is to practice and deepen understanding of Asana and Pranayama from both introductory and Intermediate Junior Syllabi.	£11 per week if paid in a half term block or £13 weekly	<a href="mailto:paulbrownyoga@hotmail.co.uk">paulbrownyoga@hotmail.co.uk</a>

TIME	Studio 3	Detail	Cost	Contact
8.00 - 9.00	<b>Tutor: CLARE ISAACS</b> Adult Tap	A fun friendly Adult Tap Class suitable for all abilities. No experience necessary. Come along & have a try	£5 per class. Pay as you go.	<a href="mailto:clareisaacs01@hotmail.co.uk">clareisaacs01@hotmail.co.uk</a>